



جامعة بورسعيد  
كلية التمريض



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**Q1: Choose the correct answer: Only one choice (total marks 40)**

1. Which sports are best for children with asthma?
  - a) Baseball
  - b) Swimming
  - c) Sprinting
  - d) Football.
2. An adolescent with chronic asthma, who has been hospitalized several times during the winter with severe asthmatic exacerbations, confides, "I wish I could stay here in the hospital because every time that I go home, I get sick again!" The pediatric nurse's best response is:
  - a) I think that you should consider participating on a swim team to improve your pulmonary function."
  - b) Let's talk about preventing and managing your asthma on a daily basis at home."
  - c) Why don't I speak with your parents about what they are doing at home to help control your asthma
  - d) "Your insurance company does not pay for any additional days of hospitalization that are not medically necessary
3. During a case of the flu, which of the following is a sign you need to see a doctor urgently?
  - a) Dry cough.
  - b) Sore throat
  - c) Runny nose.
  - d) Shortness of breath
4. The nurse would advise a parent when introducing solid foods to
  - a) Begin with small amount e.g one table spoon of food .
  - b) Mix foods together .
  - c) Eliminate a refused food from the diet .
  - d) Introduce each new food every day.



5. **Select the option below that best describes how to assess the palmar grasp reflex:**
- Stroke the cheek of the infant and assess if the head turns toward the stimuli.
  - Stroke the sole of the foot starting at the heel to the outward part of the foot and assess if the big toe bends back and the other toes spread out.
  - Hold the infant upright with the legs and feet touching a surface and assess if the infant will move the legs in a stepping motion.
  - Stroke the inside of the infant's hand with an object and assess if the hand closes around the object.
6. **A 12-month-old arrives to the health clinic for a well visit. You're assessing the infant's social developmental. Select below all the social development the child should be able to perform?**
- Rides a tricycle
  - Draws a triangle
  - Follows simple commands like "wave bye-bye"
  - Says 2-3 word sentences
7. **You're assessing a 2-month-old infant. Which finding below is a normal development that should be reached by this infant at this age?**
- The infant can sit up with support.
  - The infant holds a rattle.
  - The infant smiles at its parent.
  - The infant is afraid of strangers
8. **You are A clinic nurse provides information to the mother of a toddler regarding toilet training. Which statement by the mother indicates a need for further information regarding the toilet training?**
- Bladder control usually is achieved before bowel control
  - The child should not be forced to sit on the potty for long periods
  - The ability of the child to remove clothing is a sign of physical readiness
  - The child will not be ready to toilet train until the age of about 18 to 24 months
9. **Which statement below is TRUE regarding a 5-year-old's cognitive development based on Piaget's Theory?**
- "The goal of this stage is to achieve the understanding of object permanence."
  - "This child now has the ability to think logically about events."
  - "This child's thinking is still egocentric and they can't understand the point of views of others."
  - "This child has the ability to create hypothetical arguments."
10. **You're assessing the development of a 4-year-old. Which of the following are FINE motor skills a child should be able to perform at this age? Select-all-that-apply:**
- Ride a tricycle
  - Use blunt tip scissors
  - Hop
  - Skip



11. You're developing a plan of care for a 3-year-old that includes play activities. What type of play does a child participate in at this age?
- Parallel
  - Cooperative
  - Associative
  - Solidary
12. When assessing an 18-month old the nurse notes a characteristic protruding abdomen. Which of the following would explain the rationale for this finding?
- Increase food intake owing to age.
  - Undeveloped abdominal muscles.
  - Bowlegged posture.
  - Linear growth curve.
13. Which of the following is an appropriate nursing intervention in the first stage of reactivity OF neonates?
- Giving the initial bath
  - Administering eye drops before the child has contact with the parents
  - Encouraging the mother to breastfeed
  - Minimizing contact with the parents until the child's temperature has stabilized
14. Which stage of development is most unstable and challenging regarding the development of personal identity?
- School age
  - Toddler
  - Adolescent
  - Pre school
15. A mother brings her son to the hospital for a routine check-up. You ask if the child is able to walk and the mother states he hasn't yet walked. At what age group should a child start walking and at what age group should you be worried if the child doesn't walk?
- 9 months, 12 months
  - 12 months, 18 months
  - 15 months, 18 months
  - 15 months, 2 years
16. The infant is 6-months-old. According to Erickson's Stage of Development, this patient is in what stage?
- Autonomy vs. Shame & Doubt
  - Trust vs. Mistrust
  - Initiative vs. Guilt
  - Identity vs. Role Confusion
17. You're helping develop a meal plan for a 6-month-old. Which foods will you select to be part of the meal plan? Select all that apply:
- Fruit such as banana and apple
  - Grapes
  - Soup
  - Toast with honey



18. . During an assessment of a 6-month-old infant, you note on the infant's gum line two teeth that have erupted. These are the only teeth present in the infant's mouth. These teeth are known as the?
- Lower central incisors
  - Upper central incisors
  - Lateral incisors
  - Canine
19. Age in years  $X 5 + 80 = \dots\dots$ . This formula using in toddler to calculate:
- Weight
  - Length
  - Abdominal circumference
  - Head circumference
20. Which of the following types of play would the nurse expect to see when assessing 10-month-old infant?
- Parallel
  - Solitary
  - Associative
  - Cooperative
21. When do often make the transition from formula to solid food?
- 2month.
  - 6 month.
  - 12 month.
  - 18 month.
22. In which stage of weaning caregiver introduce for child most family foods are now suitable without added gravies, sauces, salt or sugar.
- Stage 3: between 9 to 12 months
  - Stage 2: between 6 to 9 months
  - Stage 1: at about 6 months, not before 4 months
  - Stage 2: between 6 to 9 months
23. In which Position the baby at mother side, facing mother, with baby's legs are tucked under mother arm on the same side as the breast mother nursing from.
- Cradle hold position.
  - Cross-cradle hold position.
  - Football hold position.
  - Side-lying position
24. These vaccines Oral Polio Vaccine (OPV) and Vitamin A gives for the child in age
- 6 months.
  - 9 months.
  - 12months.
  - 4 months
25. When the nurse assesses the anterior fontanel for the neonate she tells the mother that it takes:



- a. Quadrant shape
- b. Diamond in shape
- c. Triangle in shape
- d. Square in shape

26. **In delivery room, receiving the neonate in warm blanket helps to maintain**

- a. Respiration
- b. Temperature
- c. Pulse rate
- d. Mucosal membrane

27. **Which of the following clinical assessment would most likely Be demonstrated in severe dehydration**

- a. Pale skin turgor
- b. Normal skin turgor
- c. Marked oligurea
- d. Normal blood pressure

28. **Sudden stimulus causes the arms to fly up and out is:**

- a. Tonic neck
- b. Rooting
- c. Gag
- d. Moro

29. **The condition in which the child lost fluids less than electrolyte is called**

- a. Isotonic dehydration
- b. Hypotonic dehydration
- c. Hypertonic dehydration
- d. Sever dehydration

30. **Which of the following principles of development is being addressed when new parents are taught that infants are able to lift their heads before their trunks?**

- a. Cephalocaudal
- b. Proximodistal direction
- c. Simple to the complex
- d. General to the specific



**OII Read the following statements and put (T) true or false. (F)**  
**For each following question (15 degree)**

N O	Questions	T	F
1.	Vomiting is the forceful ejection of a large portion of the stomach's contents through the mouth.	√	
2.	(Isonatremic):' it is the most common type (75%). Water loss is equal to sodium loss	√	
3.	Viral pneumonia is more common pediatric problem than bacterial pneumonia. Respiratory syncytial virus (RSV) is the most common causative organism.	√	
4.	Growth Refers to a progressive increase in skill and capacity of function can be measured through observation, (qualitative change).		√
5.	Weaning must be started at 8 month.		√
6.	Poly arthritis is an inflammatory process that involves all layers of the heart 40-80% of patients		√
7.	Preschool is the period extended from 6 years until 12 years and Characterised by gradual growth.		√
8.	Breastfed newborns should be given bottles of water or formula until the mother's milk comes in.		√
9.	Bronchiolitis is an inflammation of the lining of the bronchial tubes, the airways that connect the trachea to the lungs		√
10.	Middle adolescence includes the age 15 and 16 years, characterized by growth in emotional autonomy and increasing attachment from family	√	
11.	All breastfeeding mothers have sore nipples at first.		√
12.	The newborn baby at the end of 2 <sup>nd</sup> month holds his head erect in mid-position		√
13.	ORS is not safe for older children.		√
14.	Lobar pneumonia begins in the terminal bronchioles & involves the nearby lobules		√
15.	Colostrum is very low in protein, fat-soluble vitamins, minerals, and immunoglobulin.		√



**OIII: Match the sentences in column (A) with suitable sentences in column(B):**

**(15×1=15 marks)**

<b>Answer</b>	<b>Column (A)</b>	<b>Column (B)</b>
B	Anterior fontanel	a. Is the science and art of giving nursing care to children from birth through adolescent.
D	Lanugo	b. Closes at the age of 18 -24 months.
A	Pediatric nursing	c. Prevents and treats dehydration.
J	CHOREA	d. Is the fine hair that covers newborn shoulder, back, and upper arm.
H	Proximodistal	e. The major criteria of rheumatic fever
C	Oral Rehydration Therapy	f. Black coloration on the lower back, buttocks, anterior trunk and rarely on fingers and feet.
I	Toddler stage	g. Finger or nipple inserted 2 inches into mouth.
F	Mongolian spots	h. Growth and development progress from the body midline toward the periphery
G	Suckling reflex	i. Is between 1 to 3 years of age. During this period, growth slows considerably
E	Polyarthritis.	j. Is sudden aimless irregular muscles movement of the extremities
O	Bronchial Asthma	k. Help in determining the resuscitation needs. Scoring at 1,3 and 5 minutes of age.
N	Bronchitis	l. Teeth are lost and permanent erupt
L	Deciduous teeth	m. Inflammation of the digestive tract, particularly the stomach and intestines
M	Gastroenteritis	n. It is a mild self-limiting disease that requires only symptomatic treatment
K	Apgar Score	o. A chronic inflammatory disorder of the airway (trachea, bronchi, & bronchioles)



**OIV: Read the following situations and answer the questions (40 marks):**

**Problem (1)**

Merna is a female child, 8 years old and complaining of pain and swelling of the right knee joint since 2 days .History revealed that an attack of sore throat since 25 days but no similar attacks. The pediatrician examines the knee joint. After appropriate assessment. She admitted to the pediatric unit for appropriate investigations and nursing care.

1. Determine the Merna`s problems and define it(3degrees)

Rheumatic fever

**Definition:** It is an inflammatory disease of

connective tissue involving mainly the big joints and heart and less frequent the CNS, skin and Subcutaneous tissues

2. Discuss the criteria for diagnosis of this disease(6degrees)

1-Physical assessment

2-History taking

3-Clinical manifestation which divided into minor & major characteristics

4- Diagnostic Evaluation.

**\*\*Minor characteristics**

1-Low grad fever    2-Weakness &fatigue

3-Pallor                    4-loss of appetite

5-Weight loss        5-Un explained epistaxis

6-Arthralgia without arthritic changes

Major Characteristics

### **1-Carditis**

It is an inflammatory process that involves all layers of the heart 40-80% of patients

S&S

1-Tachycardia        2-Cardiomegly

3-Precardial pain    4-Chang in ECG

5-Present of murmmer sound

### **2-Polyarthritis**

It is the most common presenting symptoms 75 %of all cases





S&S

1-Usually large joint affected as (knee-wrists - ankles and elbow)

2-Affected joints is red, warm, swollen, very tender **with limited movement**

### **3-Erthema marginatum**

\*\*It is occur in 5-10% of cases

1-It is a macular ,pink rash that involves the trunk and the extremities  
never in the face

2-No itching

### **4-Chorea**

\*\*It is sudden aimless irregular muscles movement of the extremities

S&S

1-Involuntary facial grimaces

2-Muscle weakness

3-Speech disturbances

4-Disappear with rest and sleep

### **5-Subcutaneous nodules**

1-Non tender lesions,swelling

2-Located over bony prominences (scalp- spine –joints)

3-Movable

4-Indicate sever carditis

#### **\*\*\*To Diagnosis RF**

\*Two major criteria +present  
infection

\*One major +two minor +  
present infection

3. Explain the nursing management for this disease(5degrees)

#### **Treatment**

1-Penicilline

2-Salycilates

3-Morphine

4-Digitalis

5-O2 therapy

#### **Nursing care**

**1-Bed rest**



- 1-Complete bed rest
- 2-Firm mattress
- 3-Elevate the head of the bed
- 4-A bed cradle must be used
- 5-Quickly & skillfully nursing intervention
- 6-Support the joint when moving
- 7-All daily care must be in bed if needed

### **2-Nutrition**

- 1-Small frequent meal
- 2-Comfortable position for feeding
- 3-Well balanced diet
- 4-Not forced the child to eat
- 5-Decrease or restrict salt

### **3-Fluid intake**

- 1-Intake &out put chart
- 2-Observe signs of dehydration
- 3-Establish regular bowel habit

### **4-Safety measure**

- 1-Protect child against injury
- 2-Side rails of the bed are padded
- 3-Restrains
- 4-Safe environment
- 5-Use plastic equipment for feeding
- 6-Cut nails
- 7-Body temperature is measured axillary

### **5-Prevention**

- 1-Detect signs and symptoms of infection
- 2-Examination of family members
- 3-Health teaching about (drugs –diet )

### **6-School work**

- 1-The room (class) is adequately ventilated and lighted
  - 2-Rest for at least a half hour before instruction begins
  - 3-Play in a acceptable manner
4. List the needs and problems of this age? (6degrees)



## Needs

- Nutrition.
- Sleep & rest.
- Exercise.
- Hygiene.
- Care of teeth

## Problems

- Preventing accidents
- Bathing
- Education about:
  - \*\*Sex.
  - \*\*Religious.
- Play ( Associative play).

### Problem (2)

Mohamed a 18-month-old male, brought in Port-Said general hospital by his mother due to he has high fever with shaking & severe attack of diarrhea and vomiting, he diagnosed infectious gastroenteritis.

1. Determine and Define developmental stage of mohamed? (3degrees)

#### **Toddler stage :**

It is between 1 to 3 years of age. During this period, growth slows considerably

2. Determine his weight and length. (3degrees)

**Formula to calculate normal weight of children over 1 year of age =**

**Age in years x 2 + 8 = -----Kgm**

**Formula to calculate normal height of children over 1 year =**

**Age in year x 5 + 80 = ---cm**

3. Enumerate etiology of diarrhea. (4degrees)

#### **I- Infectious diarrhea:**

##### **A. Viral**

- ✓ 70-85% of AGE in developed countries
- ✓ Rotavirus: 60% of all pediatric AGE.
- ✓ increased in winter and decreased in summer.

##### **Presentation:**

- ✓ Low-grade fever
- ✓ Vomiting followed by copious watery diarrhea (up to 10-20 bowel movements per day)
- ✓ Usually non foul smelling
- ✓ Symptoms persisting for 3-8 days



## **B. Bacterial**

- ✓ Salmonella, Shigella, E. coli,

Presentation:

- ✓ High fevers with Shaking chills
- ✓ Foul smelling stools
- ✓ Bloody bowel movements (dysentery)
- ✓ Abdominal cramping

## **C. Parasites – Parasitic**

- ✓ Giardia and entamoeba histolytica

<10% of cases

Presentation:

- ✓ Watery stools greenish, frothy stools
- ✓ Urgency of passing stools after meals
- ✓ Low-grade fever

4. Explain types of diarrhea. (5degrees)

5. **Acute watery diarrhea**

(80% of cases)Diarrhea which begins acutely persists for 3-4 days then gradually improves over another 4-5 days. It is usually self-limited and lasts for less than 14 days. It may be associated with fever, vomiting and involve passage of watery stool without visible blood.

**II- Dysentery diarrhea**

5-10% of cases: Loose stool with fresh visible blood as acute.

**III- Persistent diarrhea:**

10% of cases: A post infectious diarrhea that begins acutely as watery stool or dysentery and last at least 14 days. Persistent diarrhea is not chronic diarrhea which is recurrent or long- lasting due to non-infectious causes. (e.g. metabolic disorders).

6. Discuss how to Prevent diarrhea. (5degrees)

**1- Promotion of breast-feeding**

**2- Improved weaning practices**

**3- Proper use of water for hygiene and drinking:**

**4- Personal hygiene**

**6- Safe disposal of stools of young children**

**7- Measles vaccination**



Best wishes